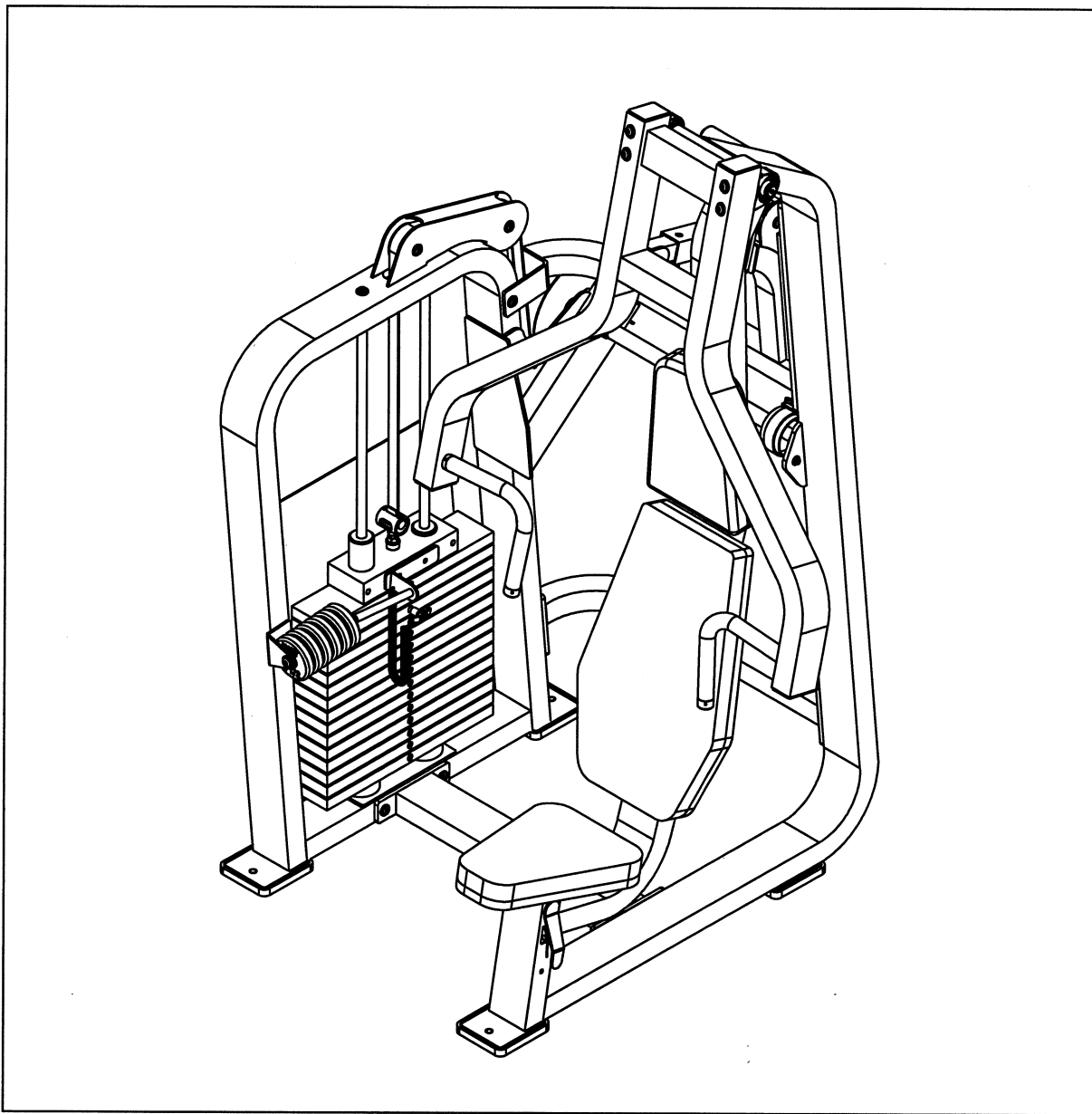


OWNERS MANUAL



CL2301



Note: Both Serial Number and Model Number are Required when Ordering Parts

RECORD SERIAL NUMBER HERE

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

AUGUST, 2002

OWNERS MANUAL

CONTENTS

INSTRUCTIONS (Step 1).....	2
FRAME ASSEMBLY (Step 2).....	4
PRE-ASSEMBLY (Step 3).....	22
PART LISTING.....	25
HARDWARE LISTING	26
ABBREVIATION LISTING	27
BOLT SIZING CHART.....	28
WASHER SIZING CHART	30
WEIGHT RATIOS.....	32
WEIGHT TRAINING TIPS	34
WEIGHT TRAINING LOG	36
DECAL PLACEMENTS.....	38
MAINTENANCE SCHEDULE	42
GENERAL MAINTENANCE INFORMATION.....	43
LIMITED WARRANTY.....	45

OWNERS MANUAL

Step 1 INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use the part number and description from the lists. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

**Standard Allen Wrench Set
(5/64" Thru 1/4")**

**Socket Wrench
(7/16", 1/2", 9/16", & 3/4")**

**Belt Tensioning Wrench
(Hoist Tool SM374)**

Crescent Wrench

Rubber Mallet

Tape Measure

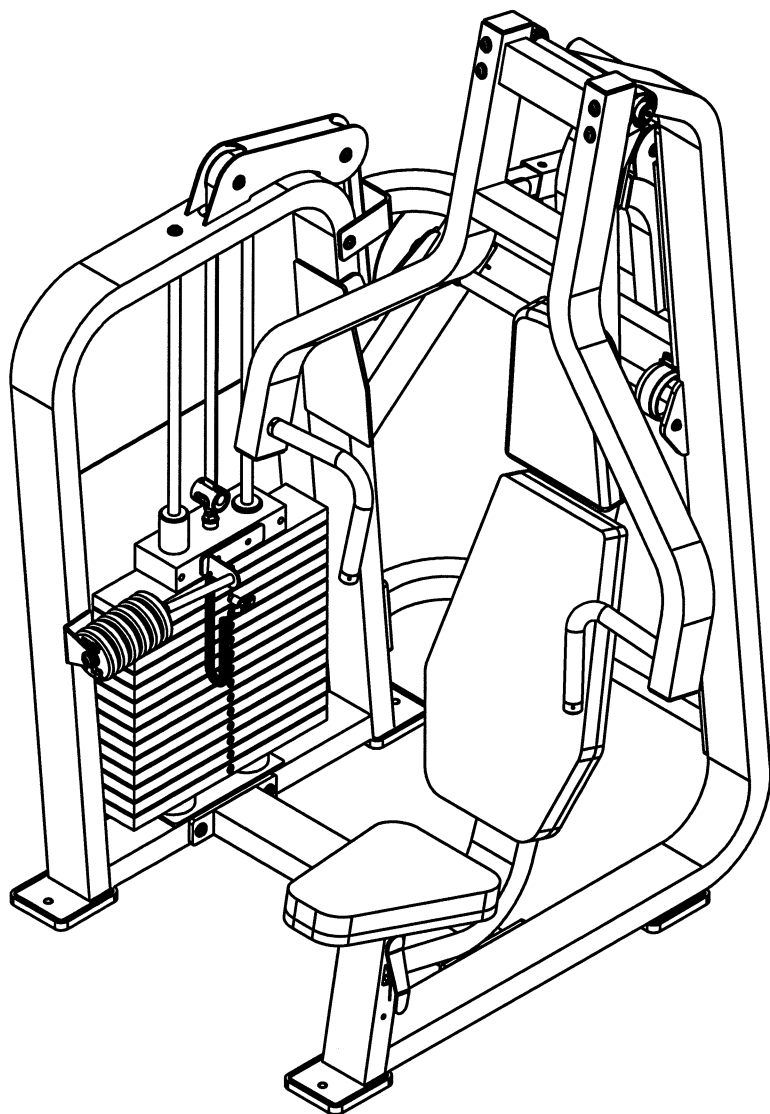
OWNERS MANUAL

OWNERS MANUAL

Step 2 FRAME ASSEMBLY

FACTORY INSTALLATION INSTRUCTION ONLY

1. ALL THREADED HOLES SHOULD BE TAPPED EXCEPT INSERTS.
2. ALL CALLED OUT INSERTS MUST BE INSTALLED BEFORE AND ASSEMBLY.
3. PUT A DROP OF BLUE LOCTITE 242 ON BOLTS IF NECESSARY.
4. IF NECESSARY APPLY GREEN LOCTITE 680 TO ALL BEARINGS.



OWNERS MANUAL

Step 2a FRAME ASSEMBLY

In this step start by attaching (33) and (43) to (29), now attach (30) to (33) and (43). Next slide (23), (9), and followed by (47) onto (32). Again slide another (9) and (23) onto (32) then secure. Now slide (32) onto (30) and make sure to leave (32) between (29) and (30). Attach (AA)'s to (29) and (30) by facing the zerk fitting downward. Adjust (32) for fittings between (29) and (30). Make sure (9)'s are flushed with (47). Next attach (15) to the bottom hole of (28) and slide (28) onto (32). Secure (32) with (AB). Hand tighten bolts only, they will be tightened later. Lift machine to position (20)'s.

Part Descriptions

9 - Ø1 1/2" Aluminum Ring
14 - Rubber Foot Pad
15 - 1 1/2" lg. Aluminum Stopper
23 - Black Plastic Ring
28 - Cam Assembly
29 - Seated Frame Assembly
30 - Weight Cage
32 - Shaft Assembly
33 - Mid Brace Assembly
43 - Brace Assembly
47 - Rubber Grip

Hardware Descriptions

A - 1/2"-13 x 1 1/2" BHS (WZ)
J - 1/2" Nylock Nut (WZ)
L - 1/2"-13 x 2" FHCS (BZ)
M - 1/2" Flat Washer (WZ)
N - 3/8" Flat Washer (WZ)
R - 1/2" Lock Washer (WZ)
X - 3/8"-16 x 1 1/4" BHS (WZ)
Y - 3/8"-16 x 1 1/2" BHS (WZ)
AA - Flange Bearing
AB - 3/8" x 2" Open Role Pin
AW - 3/8" Flat Washer (BZ)
AZ - 3/8" Lock Washer (BZ)
BB - 3/8"-16 Lock Nut (WZ)

This diagram is an exploded view of a mechanical assembly, likely a piece of industrial machinery. It shows the relationship between various components, which are identified by circled numbers and lettered callouts. The components are arranged in a way that shows how they fit together. Key parts include:

- Top Section:** Features a large curved component (30) and a smaller component (28) with a circular feature. Callouts include AB, J, M, L, 15, 14, X, AZ, and AW.
- Middle Section:** Shows a central assembly with a curved component (33) and a rectangular component (43). Callouts include A, R, M, 43, X, Y, AA, and AW.
- Bottom Section:** Includes a long, thin component (47) and a curved component (29). Callouts include 23, 9, BC, 32, 9, 23, M, R, A, and N.

The diagram uses dashed lines to indicate the alignment and assembly path of the components. The callouts are distributed throughout the diagram to identify each part.

OWNERS MANUAL

Step 2b FRAME ASSEMBLY

In this step start by attaching (31) to (29) and (30). Next slide (AE)'s on both sides of (29) and attach (34) to (AE)'s. Secure (AE)'s with (BH)'s and (48)'s. Wrench tighten bolts including all previously hand tighten bolts.

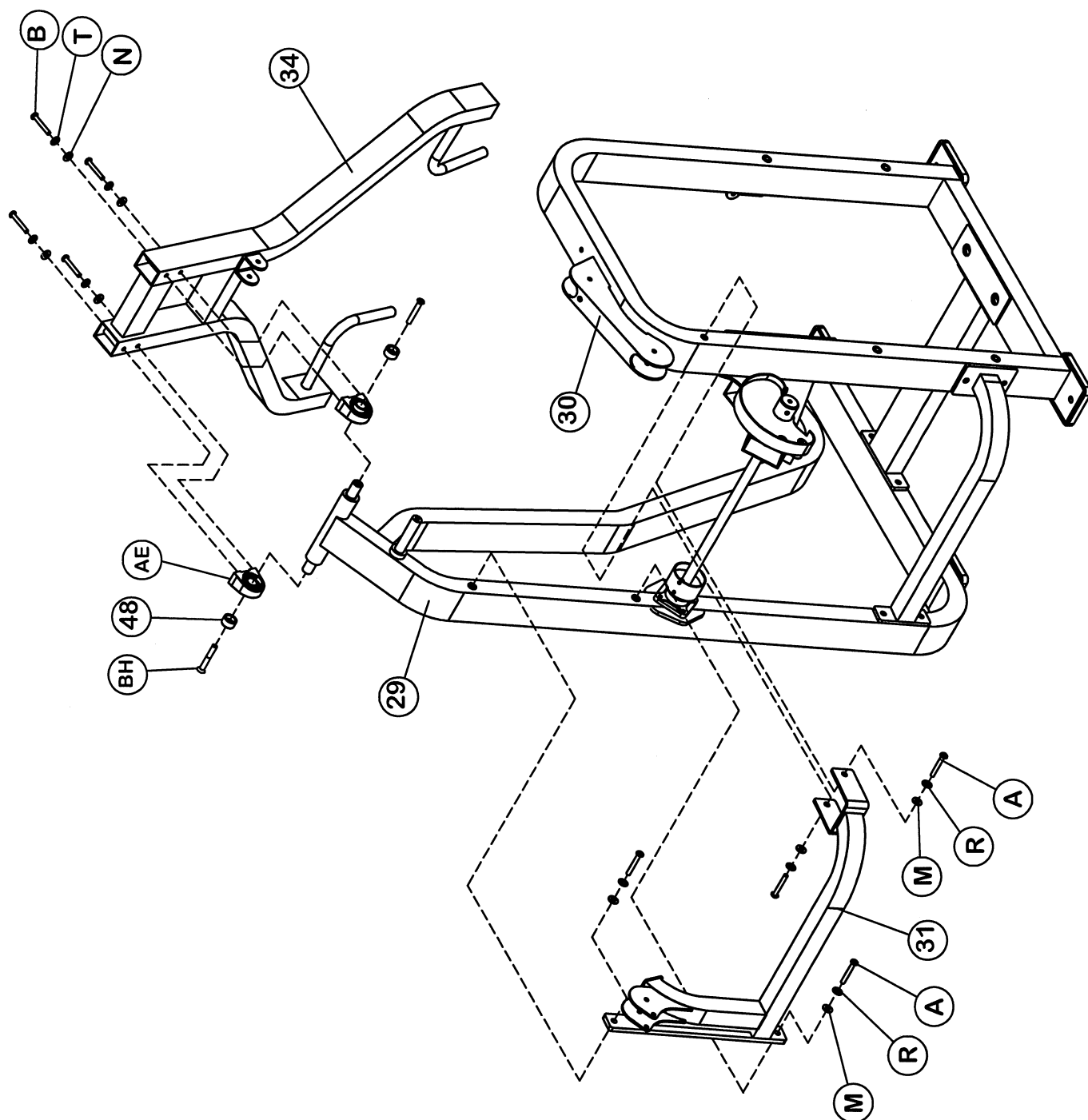
Part Descriptions

29 - Seated Frame Assembly
30 - Weight Cage
31 - Upper Brace Assembly
34 - Arm Press Assembly
48 - Aluminum Cap

Hardware Descriptions

A - 1/2"-13 x 1 1/2" BHS (WZ)
B - 3/8"-16 x 3 1/2" BHS (WZ)
M - 1/2" Flat Washer (WZ)
N - 3/8" Flat Washer (WZ)
R - 1/2" Lock Washer (WZ)
T - 3/8" Lock Washer (WZ)
AE - Pillow Block Bearing

OWNERS MANUAL



OWNERS MANUAL

Step 2b FRAME ASSEMBLY

In this step start by pressing two (17)'s into (30). Take (16)'s and place them over (17)'s. Next slide (1)'s onto (16)'s and (17)'s. Make sure to lube (1)'s with Teflon based lubricant (superlube). Tilt (1)'s about 10 degrees outward from the weight cage (30). Now slide (6)'s one by one onto (1)'s. Once all (6)'s are placed, add (42). Place (BL) on top of (1)'s and then tilt (1)'s back to a vertical position and make sure (1)'s, (6)'s, and (42) are sitting level. Attach (1)'s to (30) from the top as shown. Next attach (25) to (42) and attach (24) to (12). Attach (2) to (30) then slide (50) and (18)'s onto (2). Next attach another (2) to (25) and slide (50) onto (2). Finally attach the bigger end of (AM) to (25) and the other to end (BP). Wrench tighten bolts including all previously hand tighten bolts.

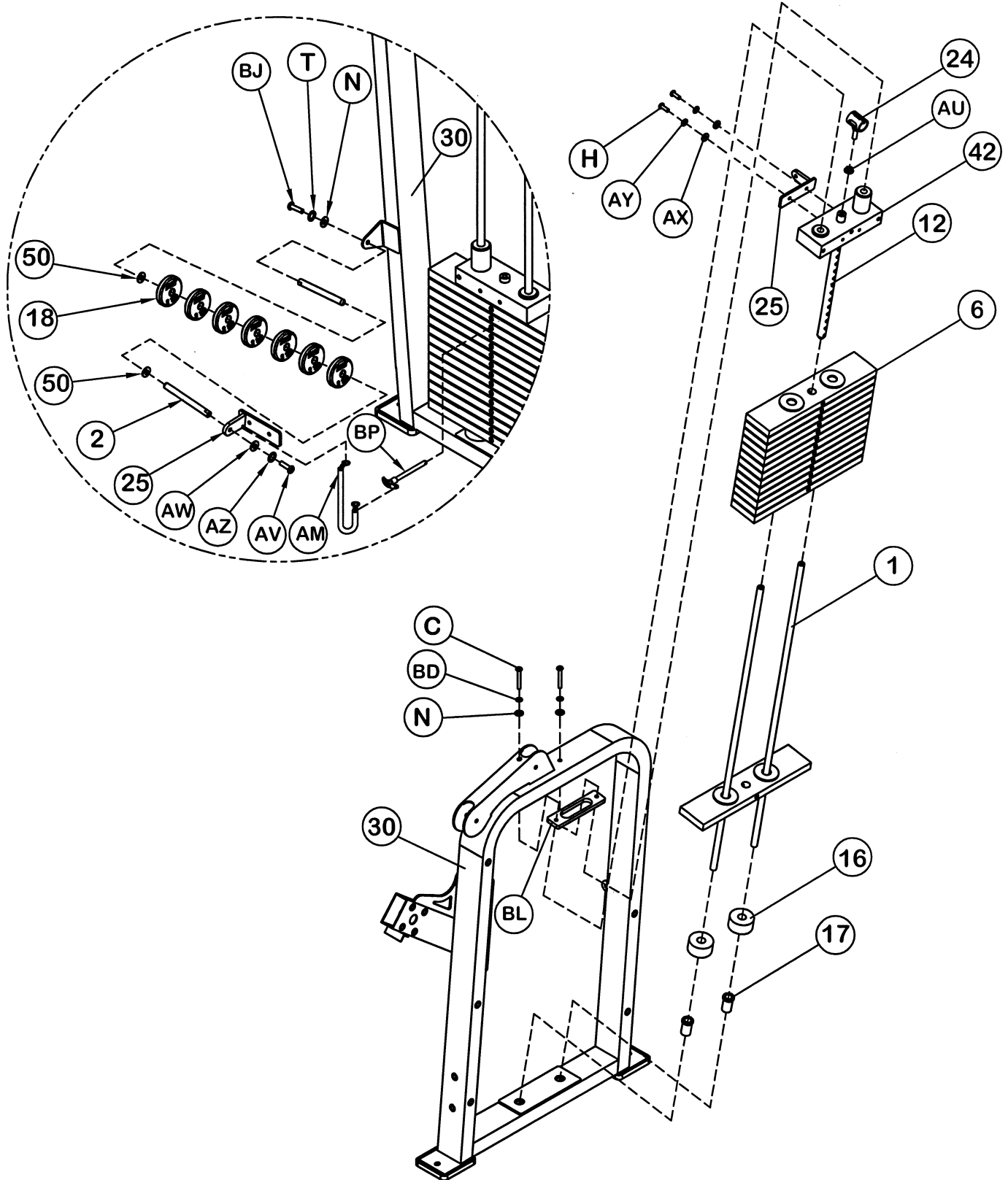
Part Descriptions

1 - 46 3/4" Guide Rod
2 - Add On Weight Rod
6 - 20 lbs. Intermediate Weight
12 - 16 Holes Weight Stem
16 - Weight Bumper
17 - Guide Rod Bushing
18 - Add On Weight
24 - Belt Adjustment Anchor
25 - Center LH BRK Add-On
30 - Weight Cage
42 - 8.6 Aluminum Top Plate
50 - Plastic Washer

Hardware Descriptions

C - 3/8"-16 x 2 3/4" BHS (WZ)
H - 5/16"-18 x 1" BHS (BZ)
N - 3/8" Flat Washer (BZ)
T - 3/8" Lock Washer (WZ)
AM - Selector Pin Lanyard
AU - Serrated Hex Nut
AV - 3/8-16 x 1" BHS (BZ)
AW - 3/8" Flat Washer (BZ)
AX - 5/16" Flat Washer (BZ)
AY - 5/16" Lock Washer (BZ)
AZ - 3/8" Lock Washer (BZ)
BD - 3/8" Split Washer (WZ)
BJ - 3/8-16 x 1" BHS (WZ)
BL - Guide Rod Mount
BP - Weight Selector Pin

OWNERS MANUAL



OWNERS MANUAL

Step 2c FRAME ASSEMBLY

In this step start by attaching (AH)'s to (30). Next shown in view-1 (Fig.1), slide (AF) into the top slot of (24). Fig. 2, loop the end of (AF) and feed it back up through the slot, keeping the loop open. Fig. 3, slide (3) through (AF) then align the two holes on (3) to the two top holes on (24) and secure. Next attach the belt by bringing it up through the top hole of (30). Make sure (AF) smooth side is contacting the surface of (AH)'s. See belt routing procedure on page 12 for loop clarity on (28). Wrench tighten bolts.

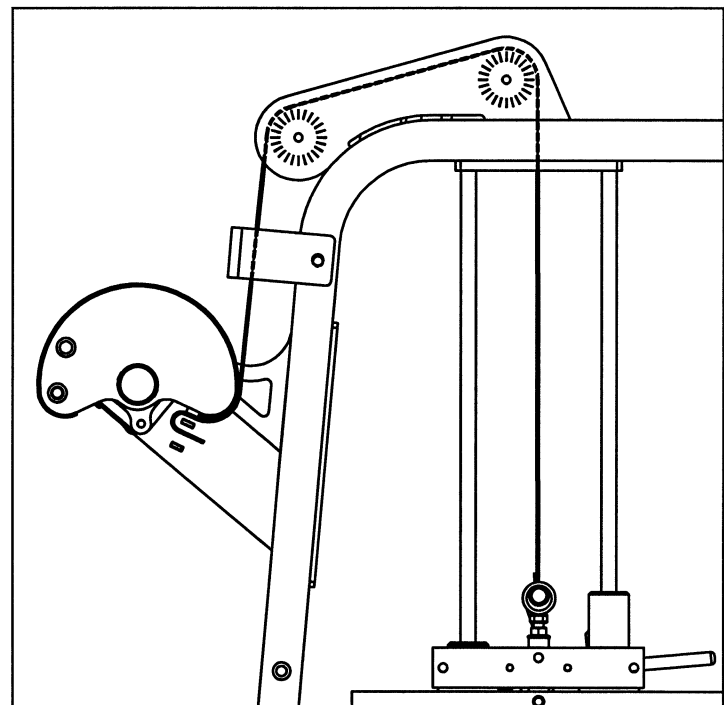
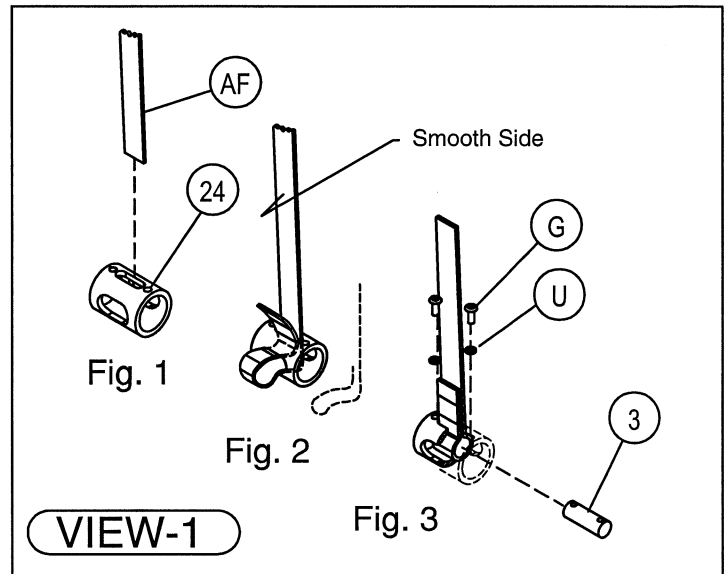
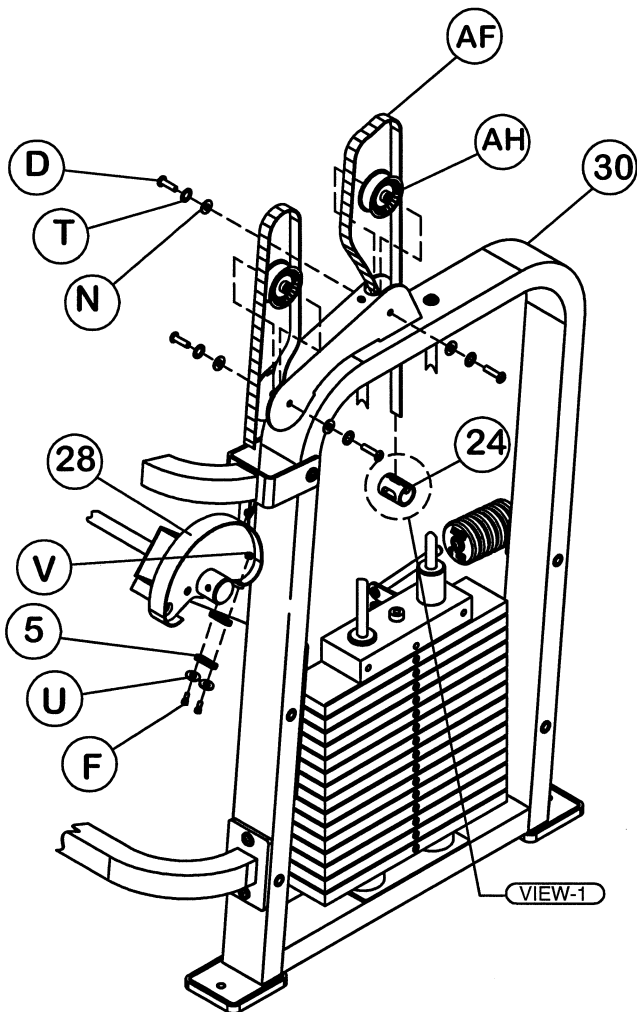
Part Descriptions

3 - Belt Adjuster Anchore Shaft
5 - Serrated Clamp
24 - Belt Adjuster Anchore
28 - Small Cam Assembly
30 - Weight Cage

Hardware Descriptions

D - 3/8"-16 x 3/4" BHS (WZ)
F - 1/4"-20 x 1 1/4" BHS (WZ)
G - 1/4"-20 x 1" BHS (BZ)
F - 1/4"-20 x 1" SHS (BZ)
N - 3/8" Flat Washer (WZ)
T - 3/8" Lock Washer (WZ)
U - 1/4" Lock Washer (BZ)
V - 1/4" Lock Nut (WZ)
AF - 90" lg. Belt
AH - 3 1/4" Pulley

OWNERS MANUAL



BELT ROUTING PROCEDURED

1. Smooth side down always for two top pulleys and clamps. Smooth side to wrap around (3).
2. When tightening (5)'s to the belt do not exceed 70 in. lbs.

OWNERS MANUAL

Step 2d

FRAME ASSEMBLY

In this step start by pressing (AJ) into (29). Next slide (13) into (45) and attach (45) to (34). Next slide two (Z)'s onto (29) and slide (11) onto (29) followed by two more (Z)'s and secure with (48) and (BK). Slide (49) into (35) and attach (35) to (11). Next carefully by pushing (34) forward and slide (45) back into (35). Slowly return (34) to the original position and secure (35) with (AS), now attach (44). For belt routing make sure (AG) smooth side is faced toward (32). Start securing one end of (AG) to (32) by bringing one end of (AG) around and in between (5)'s. After one end of (AG) is secured to (32), bring the other end of (AG) by wrapping around (32) and up to and through (35). See diagram view-3 on the next page for belt routing clarity. Wrench tighten bolts.

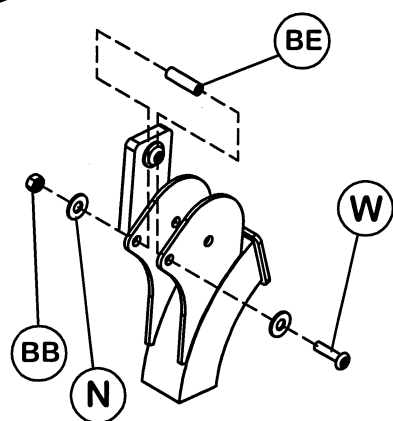
Part Descriptions

5 - Serrated Clamp
11 - Swivel Assembly
13 - Shaft Selector
29 - Seated Frame Assembly
32 - Shaft Assembly
34 - Arm Press Assembly
35 - Selector Assembly
44 - Short Pull Pin
45 - Chrome Selector
48 - Ø1.63 x .312 Flat Cap
49 - Ø.75 x 2.86 CRS Shaft

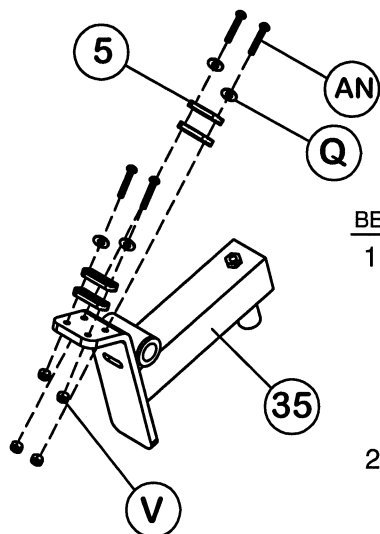
Hardware Descriptions

N - 3/8" Flat Washer (WZ)
Q - 1/4" Flat Washer (BZ)
T - 3/8" Lock Washer (WZ)
V - 1/4" Lock Nut (WZ)
W - 3/8"-16 x 2 1/2" BHS (WZ)
Z - Metal Shim Washer
AG - 60" lg. Belt
AJ - Bumper Stopper
AN - 1/4" x 1 1/2" SHS (BZ)
AS - Square Head Set Screw
BB - 3/8" Lock Nut (WZ)
BE - 3/8" x 2" Vinyl Cover
BF - 3 1/4" Pulley w/o Threads
BJ - 3/8"-16 x 1" BHS (WZ)
BK - 3/8"-16 x 1 1/2" (WZ)

OWNERS MANUAL



VIEW-1

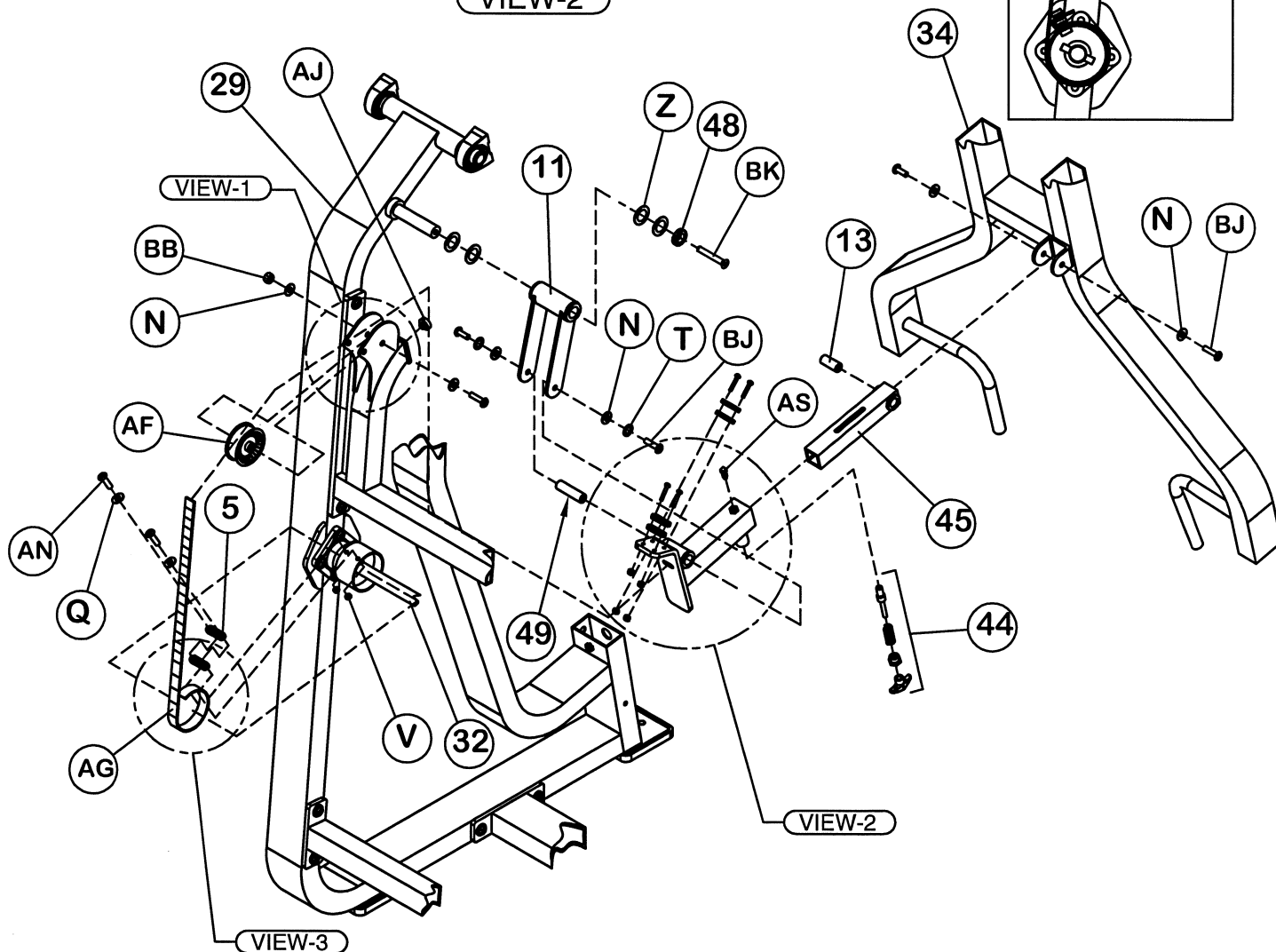
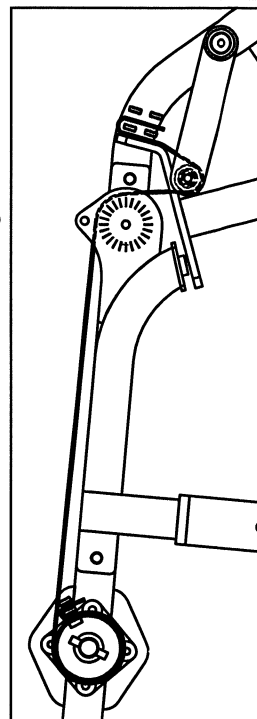


VIEW-2

VIEW-3

BELT ROUTING PROCEDURED

1. Smooth side down always for top pulleys and clamps. Smooth side to wrap around (32).
2. When tightening (5)'s to the belt do not exceed 70 in. lbs.



OWNERS MANUAL

Step 2e FRAME ASSEMBLY

In this step start with one side of the handle by sliding (9) onto (34) handle. Next slide (22) onto the handle followed by (8). Once all three pieces are placed, secure (8). Next slide (22) back to flush with (8). Now slide (9) back to flush with (22) and secure. Apply the same procedure for the other handle. Allen Wrench Tighten bolts.

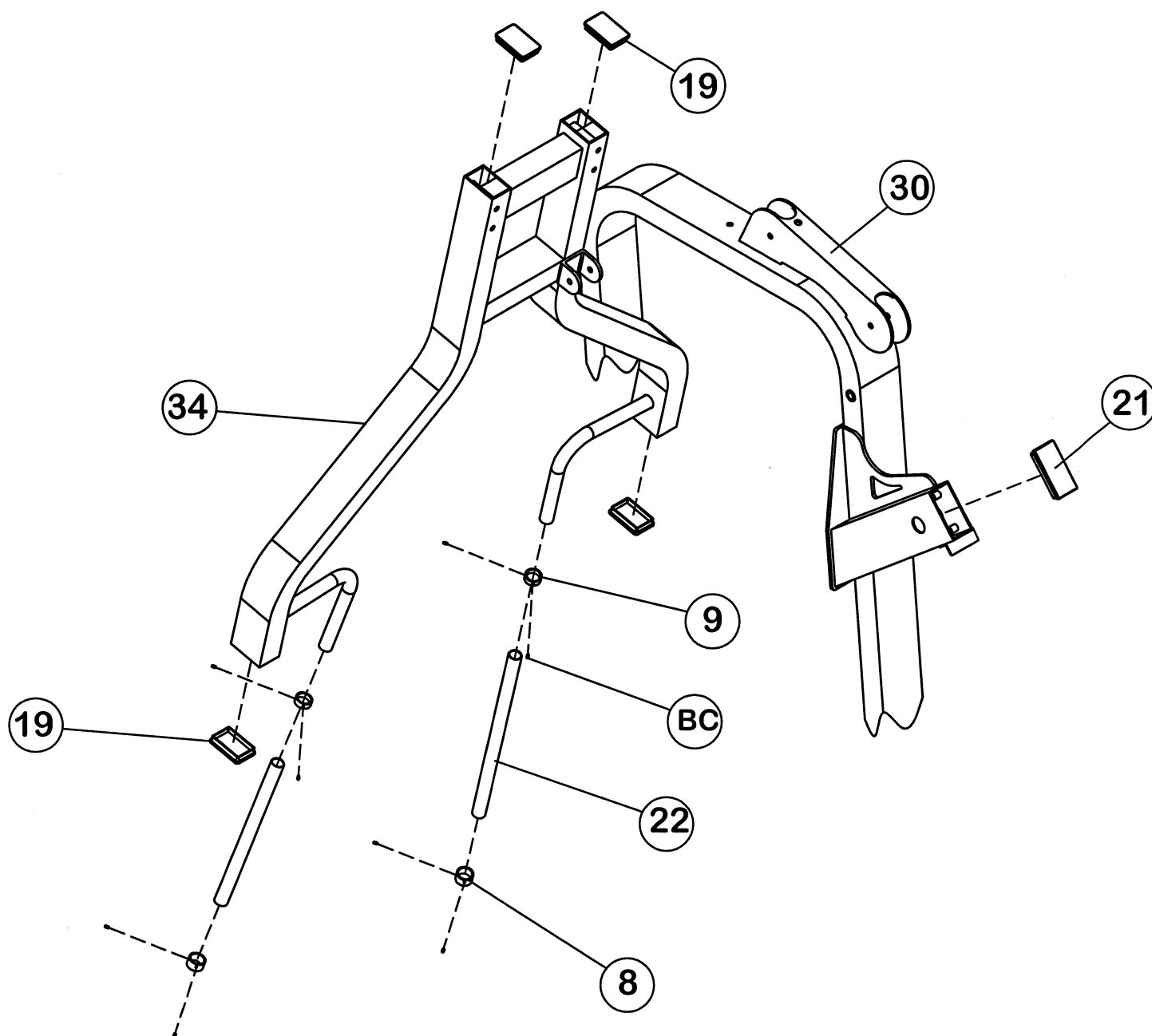
Part Descriptions

8 - Ø1 1/2" Aluminum End Cap
9 - Ø1 1/2" Aluminum Ring
19 - 2" x 3" End Cap (VH)
21 - 2" x 4" End Cap (VH)
22 - Rubber Grip
30 - Weight Cage
34 - Arm Press Assembly

Hardware Descriptions

BC - 10-32 x 1/8" Set Screw

OWNERS MANUAL



OWNERS MANUAL

Step 2f FRAME ASSEMBLY

In this step start by attaching (26) to (29) by sliding (4) through the mount of (26) and the center hole spiral spring (10). Now secure it with (AR). Make sure (10) have resistance spring tension between (26) and (29) when pushed on the bottom end of (26). Next attach (36) to (27) and slide (27) into (29) as shown. Attach (38) and (37) to the mid part of (29). Next attach (40) and (39) to the upper part of (29). Wrench tighten bolts.

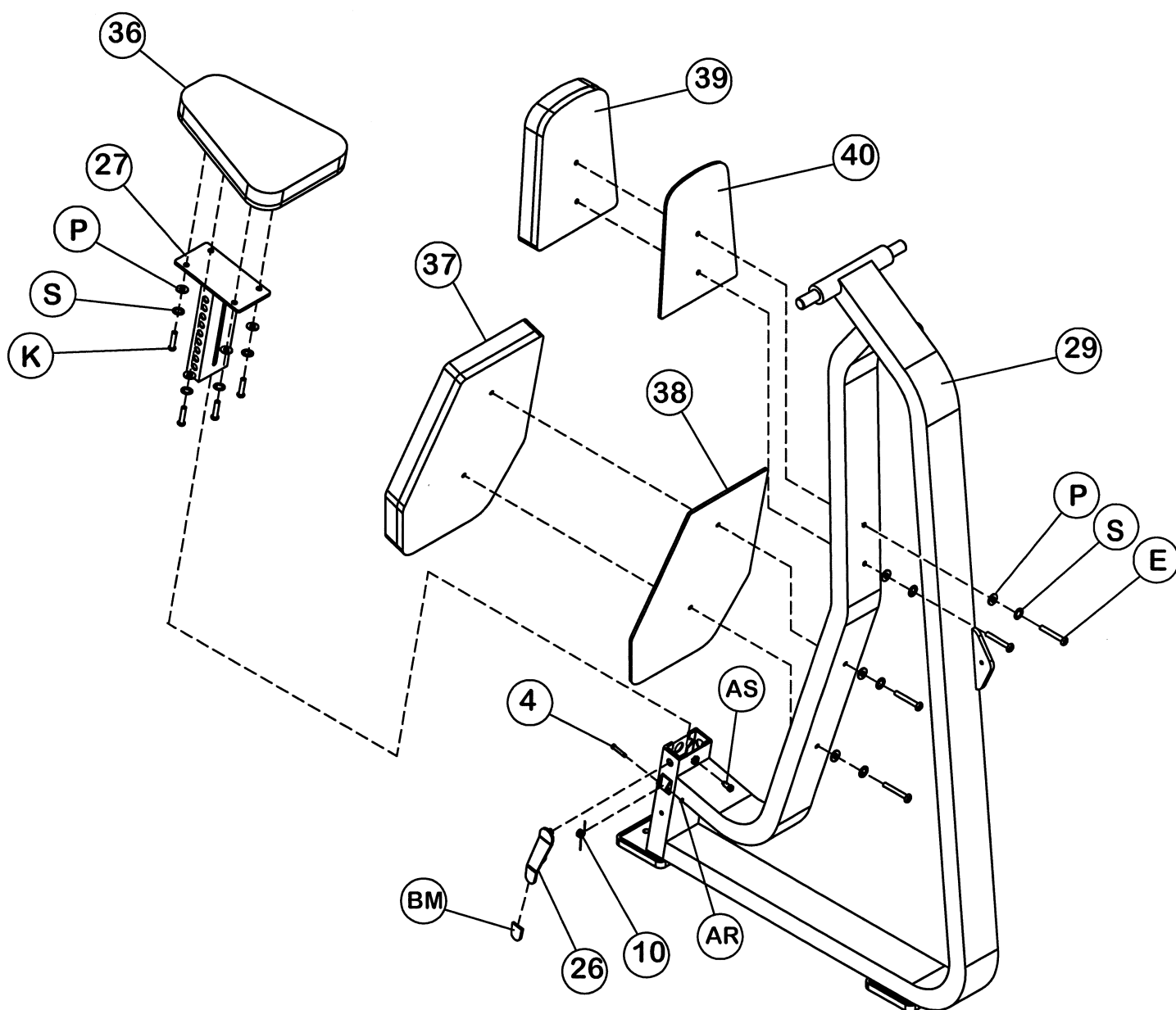
Part Descriptions

4 - Latch Assembly Pin
10 - Latch Assembly Spring
26 - Latch Assembly
27 - Seat Adjuster Assembly
29 - Seat Frame Assembly
36 - Seat Pad Assembly
37 - Back Pad Assembly
38 - Backing Pad
39 - Head Rest Pad Assembly
40 - Head Rest Backing Pad

Hardware Descriptions

E - 5/16"-18 x 3" BHS (WZ)
K - 5/16"-18 x 1 1/4" BHS (WZ)
S - 5/16" Lock Washer (WZ)
P - 5/16" Flat Washer (WZ)
AR - C-clip
AS - Square Head Set Screw
BM - Rubber Thumb Pad

OWNERS MANUAL



OWNERS MANUAL

Step 2g FRAME ASSEMBLY

In this step attach (41) to (30). Wrench tighten bolts.

Part Descriptions

30 - Weight Cage

41 - Shield

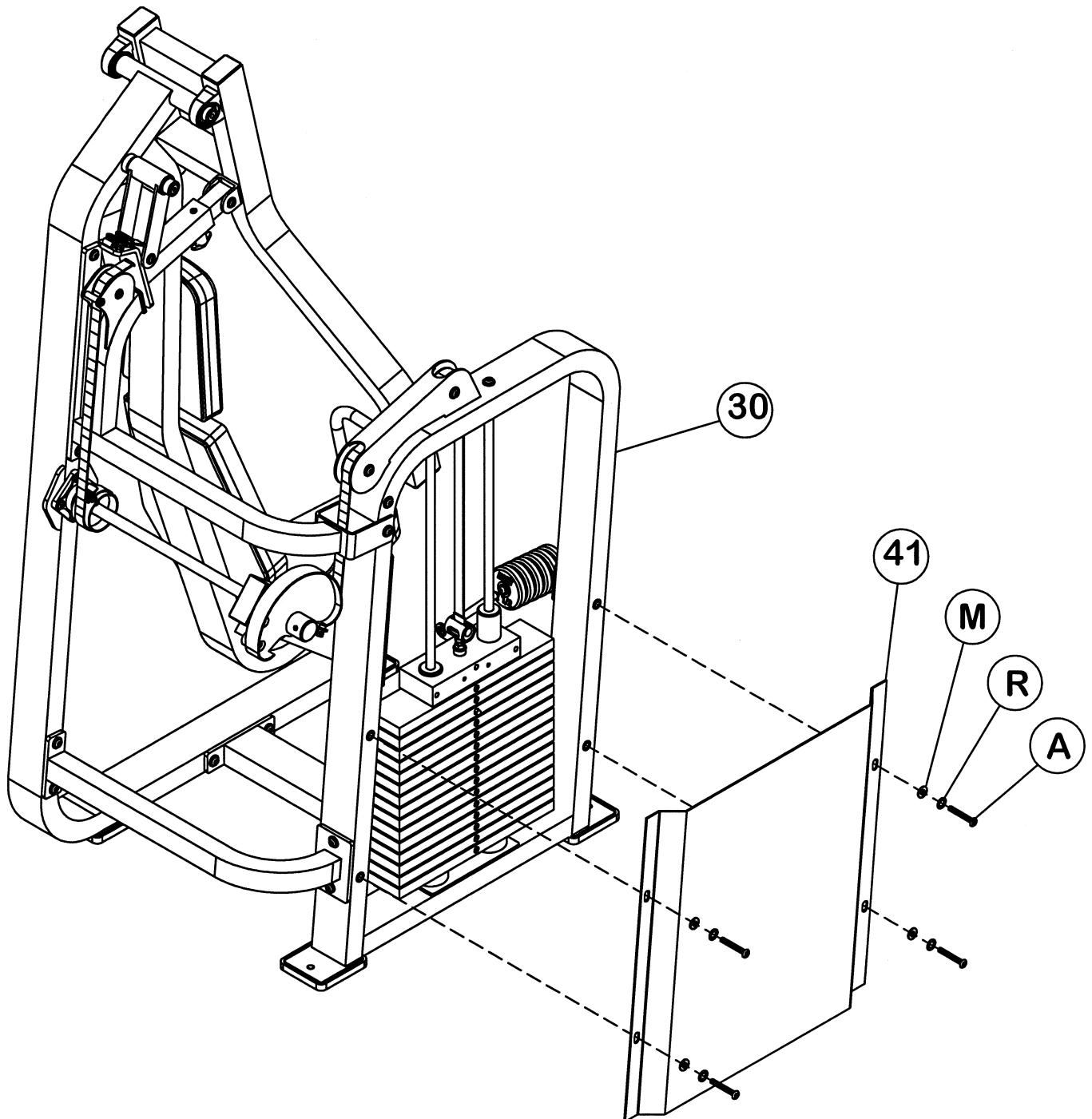
Hardware Descriptions

A - 1/2"-13 x 1 1/2" BHS (WZ)

M - 1/2" Flat Washer (WZ)

R - 1/2" Lock Washer (WZ)

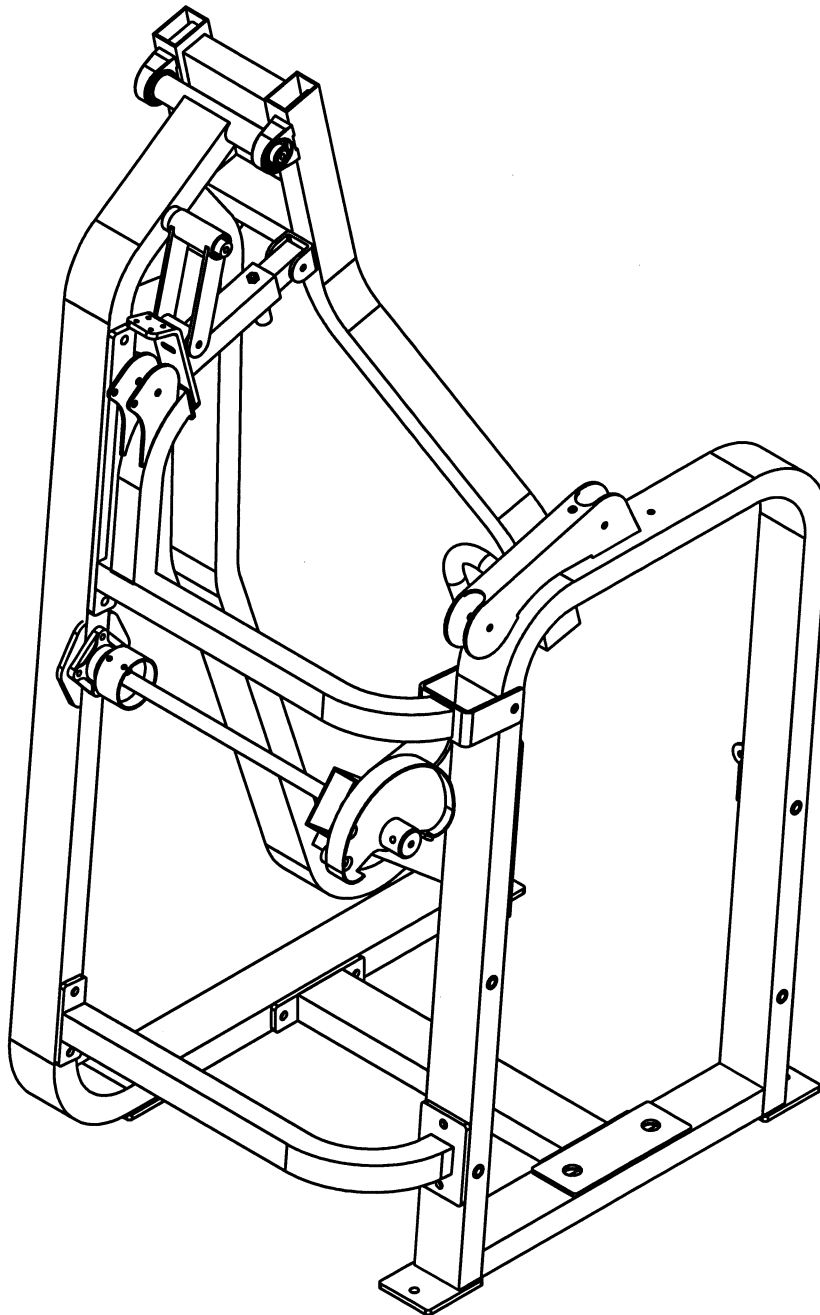
OWNERS MANUAL



OWNERS MANUAL

OWNERS MANUAL

PRE-ASSEMBLY



OWNERS MANUAL

Step 3a PRE-ASSEMBLY

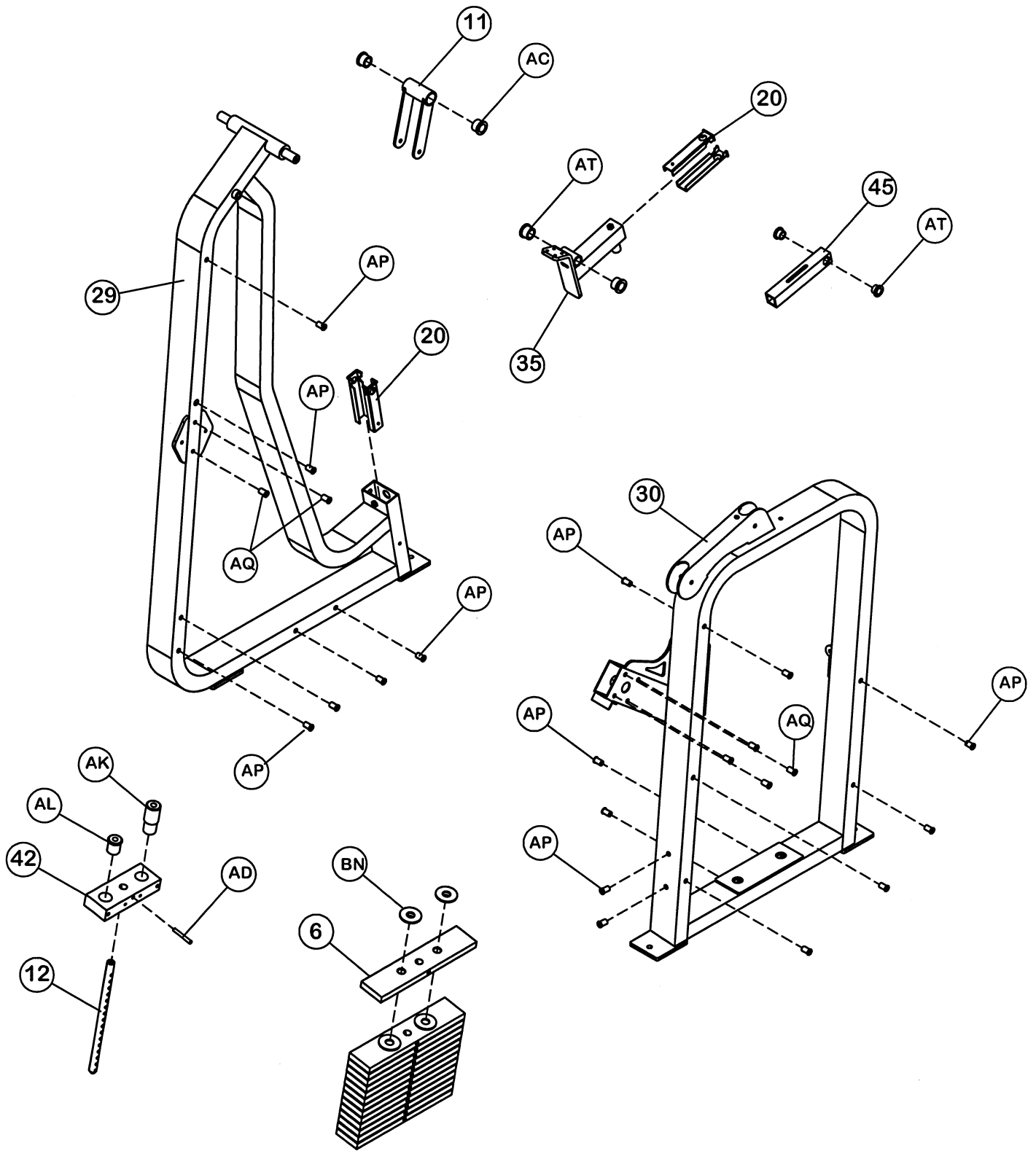
Part Descriptions

6 - 20 lbs. Intermediate Weight
11 - Swivel Assembly
12 - 16 Holes Weight Stem
20 - EZ Glide
29 - Seated Frame Assembly
30 - Weight Cage
35 - Selector Assembly
42 - 8.6 lbs. Aluminum Top Plate
45 - Chrome Selector

Hardware Descriptions

AC - Ø1 Oilite
AD - Top Weight Roll Pin
AK - Tall Guide Bearing
AL - Short Guide Bearing
AP - 1/2" Insert
AQ - 3/8" Insert
AT - Ø3/4" Oilite
BN - Intermediate Weight Bushing

OWNERS MANUAL



OWNERS MANUAL

PART LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	2	026-01G0136	46 3/4" Guide Rod
2	2	026-01M0295	Add Weight Rod
3	1	026-01M0294	Belt Adjuster Anchor Shaft
4	1	026-01M0309	Latch Assembly Pin
5	8	026-01P0467	Serrated Clamp
6	15	026-01W0104	20 lbs. Intermediate Weight
7	1	026-01M0134	Weight Selector Pin
8	2	026-01M0391	Ø1 1/2" Aluminum End Cap
9	4	026-01M0392	Ø1 1/2" Aluminum Ring
10	1	026-01M0503	Latch Assembly Spring
11	1	026-01X0689	Swivel Assembly
12	1	26-STD-SW111	16 Holes Weight Stem
13	1	026-01M0367	Shaft Selector
14	4	026-01PL195	Rubber Foot Pad
15	1	026-01M0510	1 1/2" lg. Aluminum Stopper
16	2	026-01PL201	Weight Bumper
17	2	026-01PL134	Guide Rod Bushing
18	7	026-1300024	Add On Weight
19	4	026-01PL192RV	2" x 3" End Cap (VH)
20	4	026-01PL125	EZ Glide
21	1	026-01PL187RV	2" x 4" End Cap (VH)
22	2	026-01PL235-2	Rubber Grips
23	2	026-01PL178	Black Plastic Ring
24	1	026-01X0145	Belt Adjustor Anchore
25	1	026-01X0157	Center LH BRK
26	1	026-01X0158	Latch Assembly
27	1	026-01X0162	Seat Adjuster Assembly
28	1	026-01X0501	Small Cam Assembly
29	1	026-01X0657	Seated Frame Assembly
30	1	026-01X0658	Weight Cage
31	1	026-01X0659	Upper Brace Assembly
32	1	026-01X0661	Shaft Assembly
33	1	026-01X0662	Mid Brace Assembly
34	1	026-01X0663	Arm Press Assembly
35	1	026-01X0664	Selector Assembly
36	1	022-0007124	Seat Pad Assembly
37	1	022-0007131	Back Pad Assembly
38	1	022-0007130	Backing Pad
39	1	022-0007118	Head Rest Pad Assembly
40	1	022-0007117	Head Rest Backing Pad
41	1	026-1100063	Shield
42	1	26-STD-SWTOP12	8.6 lbs. Aluminum Top Plate
43	1	026-01X0660	Brace Assembly
44	1	026-01X0185	Short Pull Pin
45	1	026-01T0284	Chrome Selector
46			
47	1	026-01PL233-1	Rubber Grip
48	1	026-01M0239	Ø1363 x .312 Flat Cap
49	1	026-01M0396	Ø.75 x 2.86 CRS Shaft
50	2	013-0602003	Add On Weight Plastic Washer

OWNERS MANUAL

HARDWARE LISTING

<u>Key#</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	16	011-0101047	1/2"-13 x 1 1/2" BHS (WZ)
B	4	011-0101028	3/8"-16 x 3 1/2" BHS (WZ)
C	2	011-0101016	3/8"-16 x 2 3/4" BHS (WZ)
D	4	011-0101041	3/8"-16 x 3/4" BHS (WZ)
E	4	011-0101033	5/16"-18 x 3" BHS (WZ)
F	2	011-0501001	1/4"-20 x 1 1/4" (BZ)
G	2	011-0301029	1/4"-20 x 1" BHS (BZ)
H	2	011-0201006	5/16"-18 x 1" BHS (BZ)
J	1	021-0304011	1/2" Nylock Nut (WZ)
K	2	011-0201006	5/16"-18 x 1 1/4" BHS (BZ)
L	1	011-0002007	1/2"-13 x 2" FHS (BZ)
M	17	013-0102003	1/2" Flat Washer (WZ)
N	15	013-0002004	3/8" Flat Washer (WZ)
P	8	013-0002001	5/16" Flat Washer (WZ)
Q	10	013-0202005	1/4" Flat Washer (BZ)
R	16	013-0302014	1/2" Lock Washer (WZ)
S	8	013-0102021	5/16" Lock Washer (WZ)
T	11	013-0102022	3/8" Lock Washer (WZ)
U	10	013-0202005	1/4" Flat Washer (BZ)
V	8	012-0104009	1/4"-20 Lock Nut (WZ)
W	1	011-0101049	3/8"-16 x 2 1/2" BHS (WZ)
X	1	026-01PL239	Rubber Thumb Pad
Y	8	011-0201004	3/8"-16 x 1 1/2" BHS (BZ)
Z	4	14-TBW-1	Ø1" x .8mm thk Metal Shim Washer
AA	2	014-0009004	Flange Bearing
AB	1	030-0303003	3/8" x 2" Open Role Pin
AC	2	14-OIL-1F	Ø1" Oilite
AD	1	030-0303006	Top Weight Role Pin
AE	2	014-0010007	Pillow Block Bearing
AF	1	015-0002002	90" lg. Belt
AG	1	015-0002002	60" lg. Belt
AH	2	018-0002001	3 1/4" Pulley
AJ	1	19-PAD-1	Bumper Stopper
AK	1	014-0009005	Tall Guide Bearing
AL	1	014-0009006	Short Guide Bearing
AM	1	010-0008004	Selector Pin Lanyard
AN	6	011-0501002	1/4" x 1 1/2" SHS (BZ)
AP	16	014-0014001	1/2" Insert
AQ	6	014-0014002	3/8" Insert
AR	1	014-0015001	C-clip
AS	2	011-0311013	Square Head Set Screw
AT	4	14-OIL-34F	Ø3/4" Oilite
AU	1	012-0202001	1/2" Serrated Hex Nut
AV	1	011-0201003	3/8"-16 x 1" BHS (BZ)
AW	9	013-0202004	3/8" Flat Washer (BZ)
AX	2	013-0202003	5/16" Flat Washer (BZ)
AY	2	013-0206002	5/16" Lock Washer (BZ)
AZ	5	013-0206003	3/8"-16 Lock Nut (WZ)
BB	5	012-0004004	3/8"-16 Lock Nut (WZ)
BC	12	011-031100	#10-32 x 1/8" Set Screw
BD	2	013-0102020	3/8" Split Washer (WZ)
BE	1	16-CAP-382	3/8" x 2" Vinyl Cover
BF	1	018-0002003	3 1/4" Pulley w/o Thread
BH	2	011-0002042	3/8"-16 x 1" FHS (WZ)
BJ	4	011-0101026	3/8"-16 x 1" BHS (WZ)
BK	1	011-0002043	3/8"-16 x 1 1/2" FHS (WZ)
BL	1	026-01PL268	Guide Rod Mount
BM	1	026-01PL239	Rubber Thumb Pad
BN	30	026-01W0122	Intermediate Weight Bushing
BP	1	026-01M0134	Weight Selector Pin

OWNERS MANUAL

ABBREVIATION LISTING

BZ = Black Zinc

HH = Horizontal "H"

VH = Vertical "H"

WZ = White Zinc

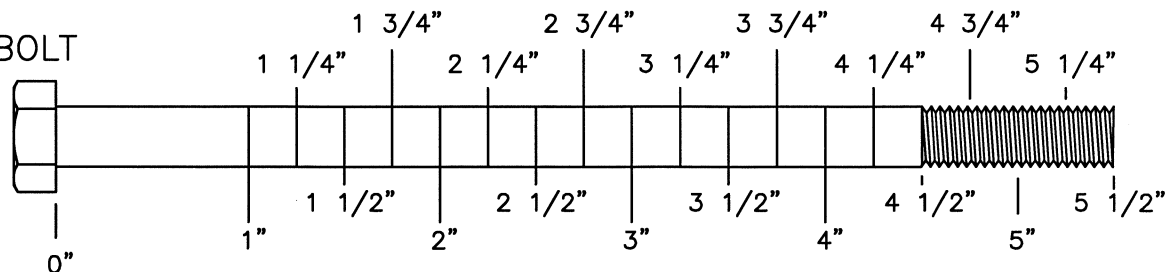
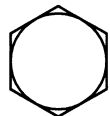
FHS = Flat Head Screw

BHS = Button Head Screw

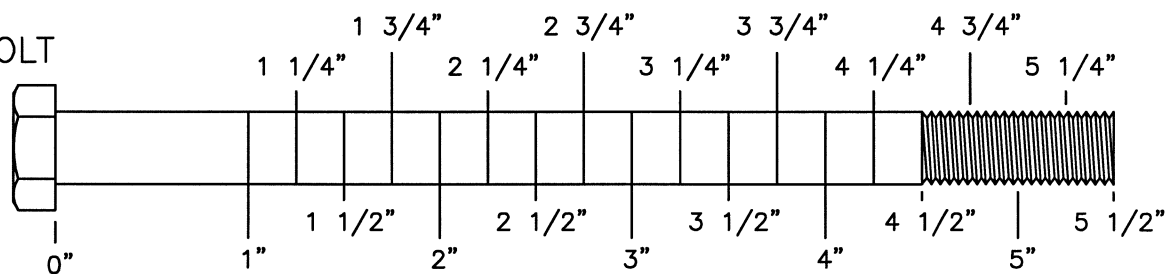
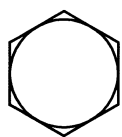
SHS = Socket Head Screw

OWNERS MANUAL

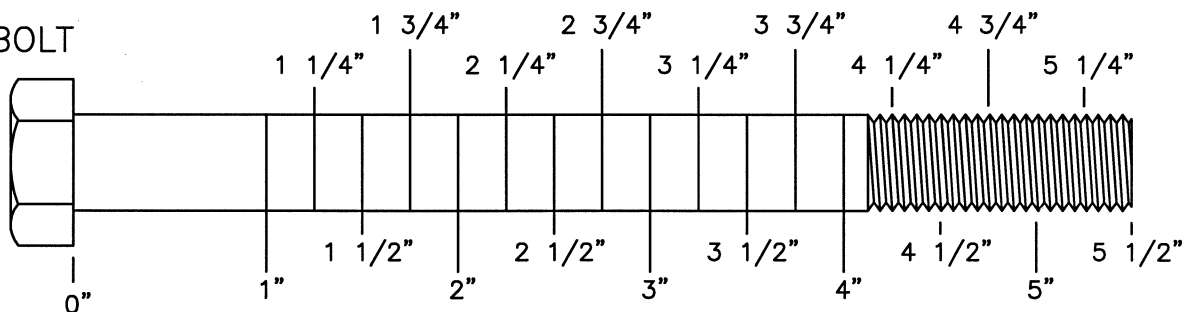
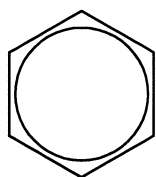
5/16" HEX BOLT



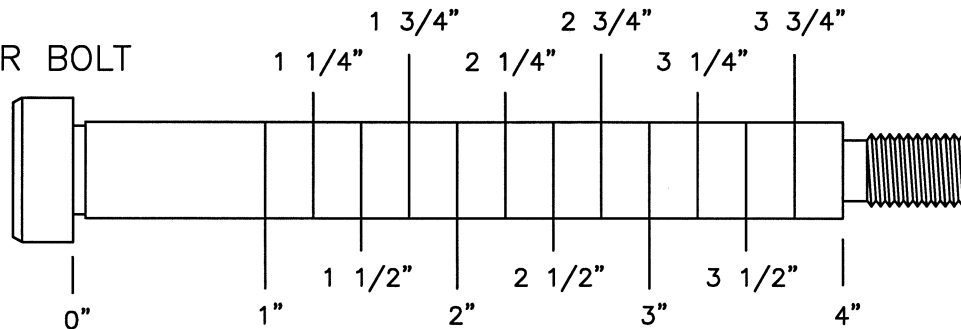
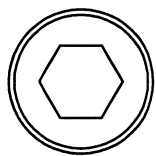
3/8" HEX BOLT



1/2" HEX BOLT

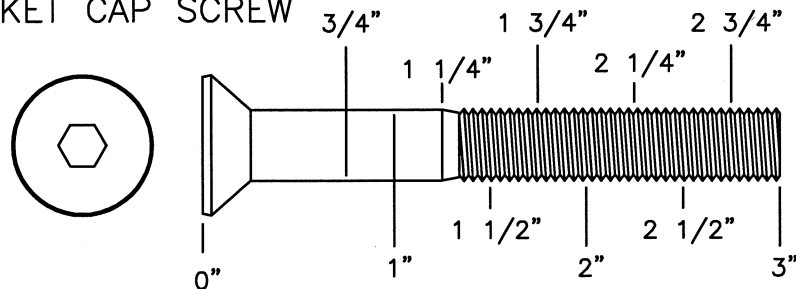


1/2" SHOULDER BOLT

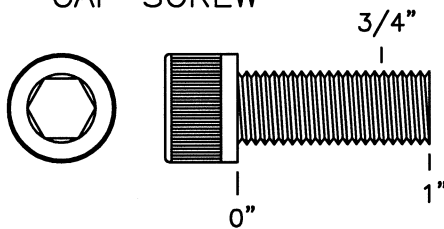


OWNERS MANUAL

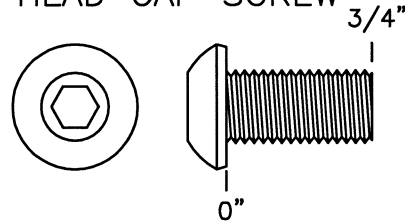
3/8" FLATHEAD
SOCKET CAP SCREW



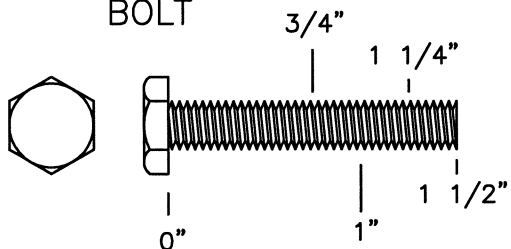
3/8" SOCKET
CAP SCREW



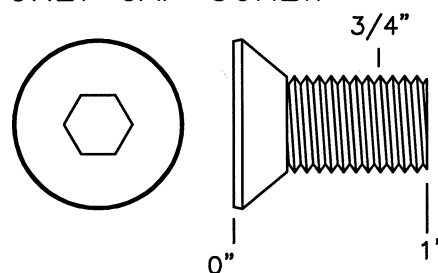
3/8" BUTTON
HEAD CAP SCREW



1/4" HEX
BOLT

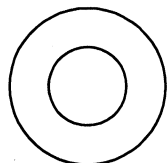


1/2" FLATHEAD
SOCKET CAP SCREW

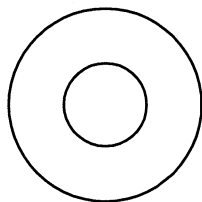


OWNERS MANUAL

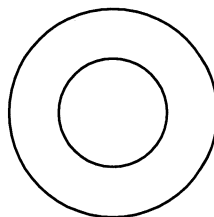
5/16"
FLAT WASHER
LARGE, USS, 25mm



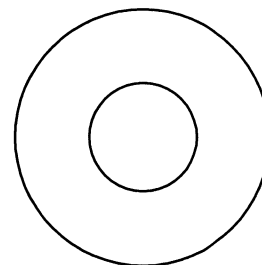
3/8"
FLAT
WASHER



1/2"
FLAT WASHER
SMALL, SAE, 26mm



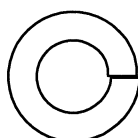
1/2"
FLAT WASHER
LARGE, USS, 34mm



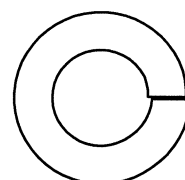
1/4"
LOCK WASHER



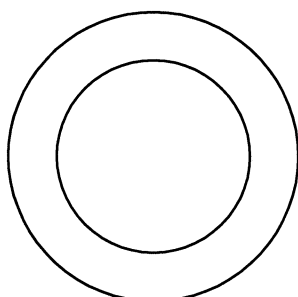
3/8"
LOCK WASHER



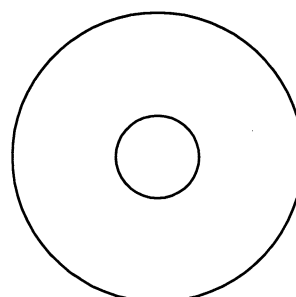
1/2"
LOCK WASHER



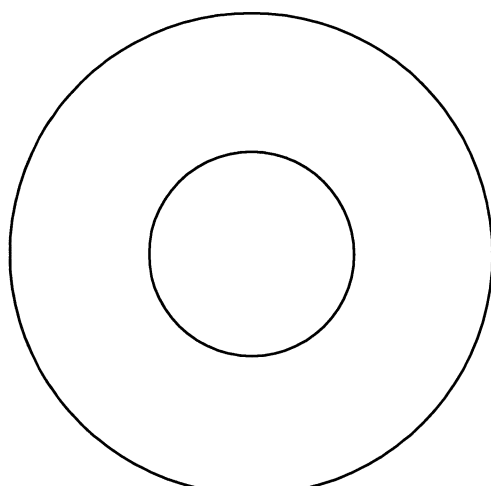
1" SHIM WASHER



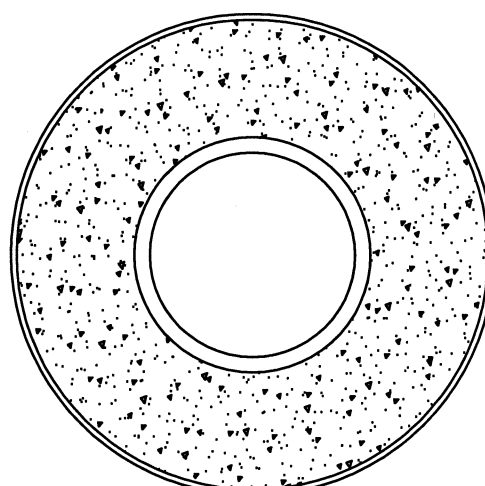
3/8" FENDER WASHER



1 1/16"
FENDER WASHER

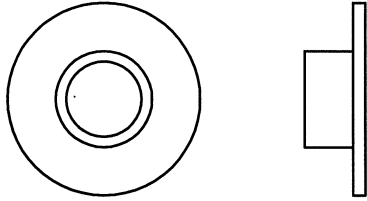


PLASTIC 1 1/16"
FENDER WASHER

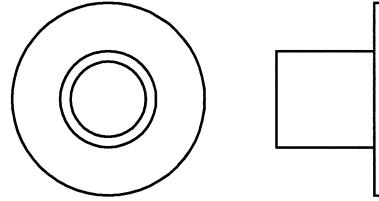


OWNERS MANUAL

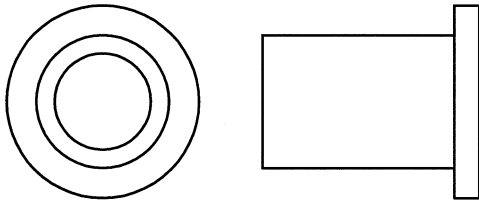
1/4" LONG
FLANGED SPACER



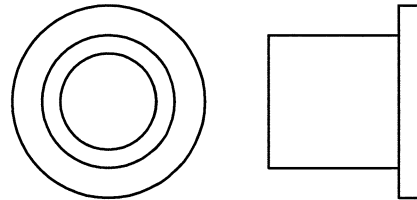
1/2" LONG
FLANGED SPACER



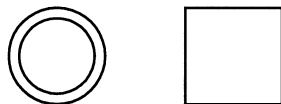
1/4" LONG HEAVY
FLANGED SPACER



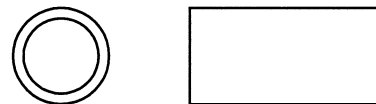
11/16" LONG HEAVY
FLANGED SPACER



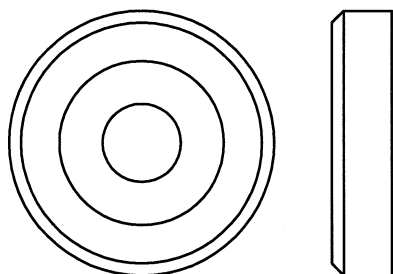
1/2" LONG
SPACER



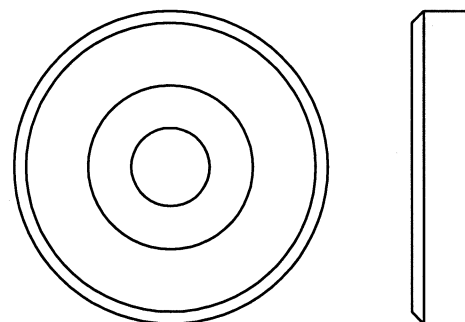
1" LONG
SPACER



1 3/8" ALUMINUM
FLATHEAD CAP

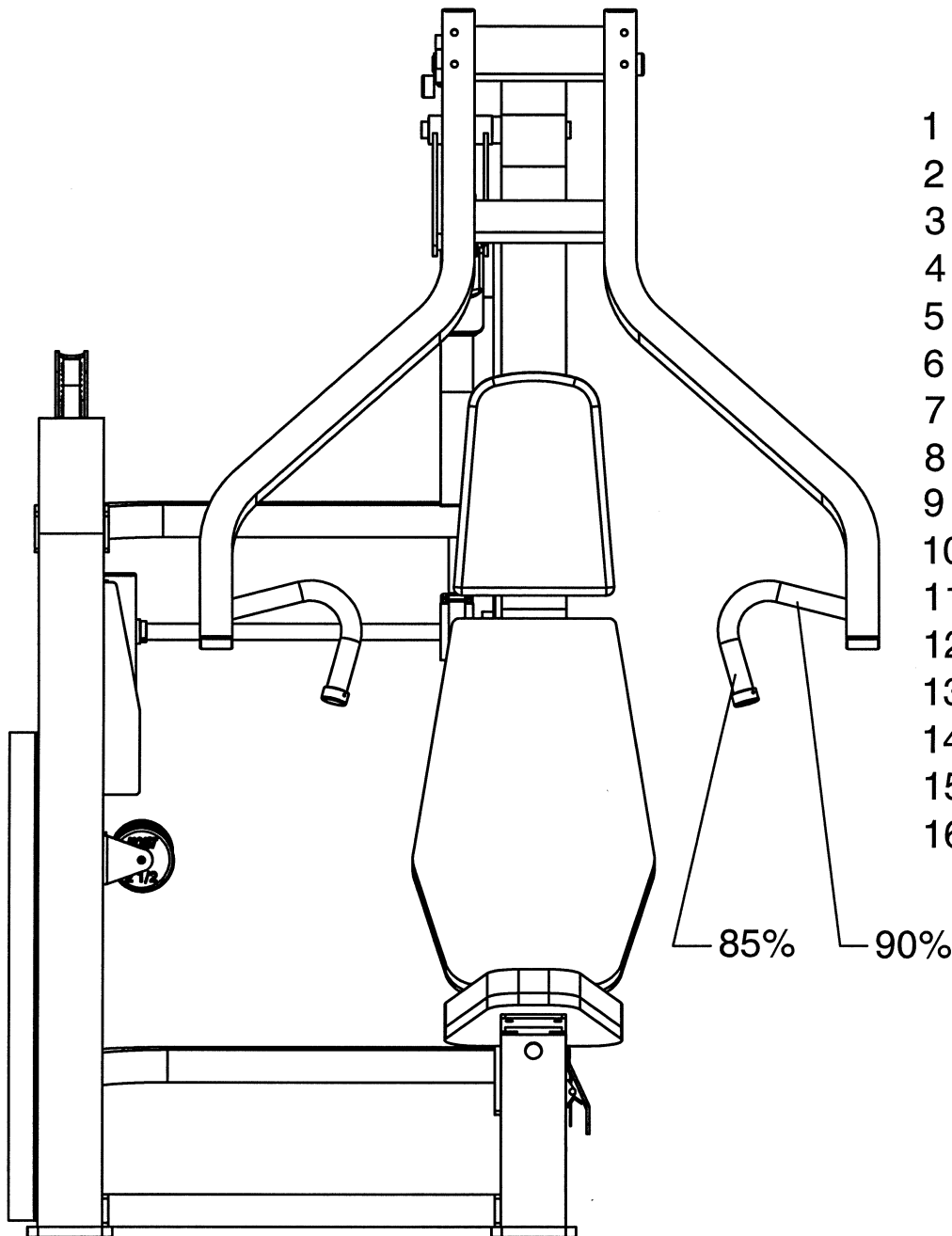


1 5/8" ALUMINUM
FLATHEAD CAP



OWNERS MANUAL

WEIGHT RATIOS



	85%	90%
1	7	8
2	24	26
3	41	44
4	58	62
5	75	80
6	92	98
7	109	116
8	126	134
9	143	152
10	160	170
11	177	188
12	194	206
13	211	224
14	228	242
15	245	260
16	262	278

The above chart shows the actual weight you are lifting when the ratios are applied. To find the actual weight you are lifting you would come down from the ratio being used and across from the number of the weight plate you have pinned.

OWNERS MANUAL

OWNERS MANUAL

WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

OWNERS MANUAL

OWNERS MANUAL

WEIGHT TRAINING EXERCISE LOG

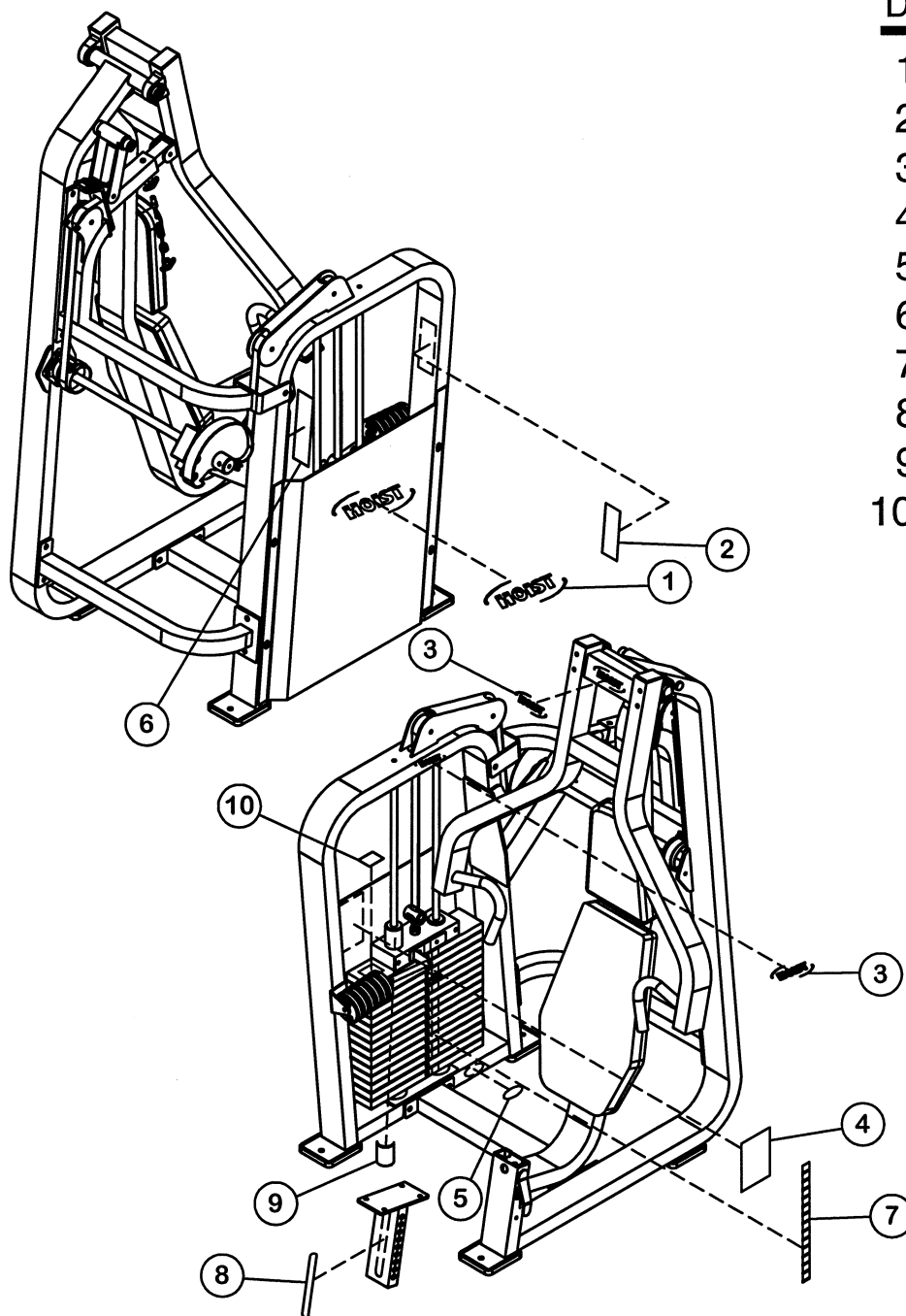
S = Sets **R** = Repetition per set **W** = Weight used

[illegible]

OWNERS MANUAL

OWNERS MANUAL

DECAL PLACEMENTS



Decal Parts Number

- 1) 021-0004026
- 2) 021-0003131
- 3) 021-0004029
- 4) 021-0013066
- 5) 021-0004078
- 6) 021-0003130
- 7) 021-0003011
- 8) 021-0004023
- 9) 021-0003107
- 10) 021-0003113

OWNERS MANUAL

DECAL REFERENCE



021-0004026

	Daily	Weekly	Monthly	Months 6	Yearly
COMMERCIAL MAINTENANCE					
Inspect; Links, Full Pins, Snap Hooks, Swivels, Weight Stack Pins	X				
Clean; Upholstery	X				
Inspect; Cables or Belts and their tension	X				
Inspect; Accessory Bars and Handles		X			
Inspect; All Decals		X			
Inspect; All Nuts and Bolts, Tighten if Needed		X			
Inspect; Anti-Skid Surfaces		X			
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based Lubricant (Superlube)			X		
Lubricate; Seat Sleeves, Turbine Bushings, Linear Bearings			X		
Clean and Wax; All Glossy Finishes				X	
Repack with Grease; Linear Bearings				X	
Replace; Cables, Belts and Connecting Parts					X

NOTICE

021-0003131



021-0004029



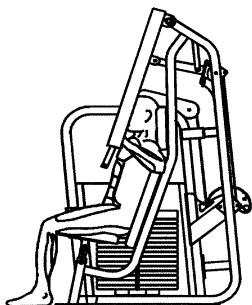
021-0004078

OWNERS MANUAL

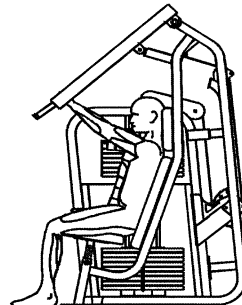
DECAL REFERENCE

CL 2301 CHEST PRESS

Start / End Position



Midpoint Position

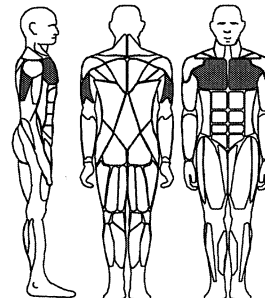


Exercise Instructions

- 1 Be seated and select desired exercise weight.
- 2 Adjust seat height.
(Handles at mid-chest recommended).
- 3 Adjust press arm to desired beginning position.
(Arms 90 degrees to the elbow recommended).
- 4 Grip handles and press arm forward to full extension with a smooth controlled movement. Return back to starting position and perform desired number of repetitions.

PRIMARY:
Chest

SECONDARY:
Triceps



021-0013066

! WARNING

USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.

2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.

3. FOLLOW ROUTINE MAINTENANCE SCHEDULE

4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint or dizzy.

5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.

6. Take your time and do not rush the exercise. Practice proper breathing. NEVER hold your breath.

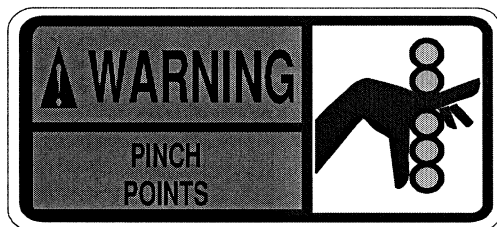
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.

8. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

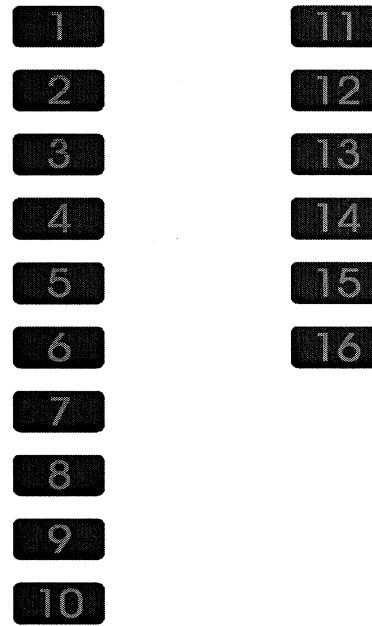
021-003130

OWNERS MANUAL

DECAL REFERENCE



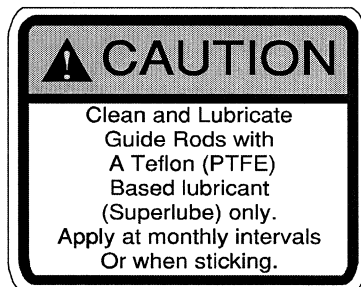
021-0003114



021-0003011



021-0004023



021-0003107

OWNERS MANUAL

MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY											
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY												
Clean; Upholstery	DAILY	WEEKLY												
Inspect; Cables or Belts and their tension	DAILY	WEEKLY												
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS												
Inspect; All Decals	WEEKLY	3 MONTHS												
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS												
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS												
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS												
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS												
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY												
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY												
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS												

Your equipment comes with a commercial maintenance decal.

For personal, in home use, please follow the home maintenance schedule listed above.

OWNERS MANUAL

HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

- *Check all pieces for signs of visible wear or damage.*
- *Check springs in snap hooks and pull-pins for proper tension and alignment.*
- *If the spring sticks or has lost its rigidity, replace it immediately.*

Upholstery:

- *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.*
- *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.*
- *Replace ripped or worn upholstery immediately.*
- *Keep sharp or pointed objects clear of all upholstery.*

Guide Rods:

- *Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.*

Decals:

- *Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.*

Nuts and Bolts:

- *Inspect all nuts and bolts for any loosening and tighten if needed.*
- *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.*

Anti-Skid Surfaces:

- *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.*

Belts and Cables:

- *Hoist uses only high quality belt, and mil-spec cables.*
- *Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.*
- *While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.*
- *Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables has been replaced.*

OWNERS MANUAL

GENERAL MAINTENANCE INFORMATION (CONTINUED)

Belt and Cable Tension:

**Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached..*

**Check slack in cables and re-adjust cable tension if needed.*

Seat Sleeves, Turcite Bushings:

**Wipe down adjusting tubes with a dust free rag before applying lubricant.*

**Lubricate seat sleeves and turcite bushings with a Silicon or Teflon baased lubricant spray.*

Linear Bearings:

**Referring to the Owners Manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.*

PLEASE KEEP THIS FOR YOUR RECORDS

OWNERS MANUAL

HOIST FITNESS SYSTEMS LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

COMERCIAL USE; All malfunctions of upholstery, grips, paint, and chrome that occur after 180 days; all malfunctions of electronic components, belts, or cables after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. the frame and all welded components are warranted for the life of the product.

HOME USE; All malfunctions of grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts, cables, or upholstery that occur after three years; all malfunctions of pulleys, bearings, or bushings that occur after five years. the frame and all welded components are warranted for the life of the product.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and (5) year warranty described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an **ACT OF GOD**.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

Hoist Fitness Systems
9990 Empire St. #130
San Diego, Calif. 92126
(800)548-5438
Web Site - www.hoistfitness.com

PLEASE KEEP THIS FOR YOUR RECORDS